



## Recreation Department August 2016 Newsletter of Events and Programs

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### Fall 2016 Registration

The City of Chula Vista Recreation Department is excited to announce that registration for the upcoming fall session starts Monday, August 15 at 8am with online registration and doors open at 2pm for in-person registration at all city recreation centers. Fall session will run Oct 1 through Dec 31. To view all of our recreation classes, activities, camps, special events and aquatic offerings please visit [www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)

### Special Events

- **Music in the Park** Concert Series, held Sunday afternoons at Memorial Bowl (373 Park Way). All shows are from 3:00-6:00pm and will include community showcases and headlined by a regional band. The 2016 concerts will be held on August 14, and September 11. Our second concert on **August 14** features Detroit Underground. Come dance the day away, or just sit back and enjoy the sounds of this outstanding band! For more information, please visit the website [www.chulavistaca.gov/musicinthepark](http://www.chulavistaca.gov/musicinthepark)
- **Movie in the Park at Otay Park on Saturday, August 20<sup>th</sup>.** From 5:30-7:30pm, recreational activities will be provided; there will be two food trucks selling food. The featured movie is UP and begins at dusk. Bring the family, friends, blankets, chairs and sit back and enjoy the movie!
- **Movies in the Park at Heritage Park on Friday, August 26<sup>th</sup> -** The City of Chula Vista Recreation Department invites you to join us for free Summer Movies in the Park. Bring the family and friends, but don't forget your blankets, chairs, and snacks! All movies start at dusk...August's movie will be **Zootopia on Friday August 26th @ Heritage Park (1381 E. Palomar St)** For more information, go to [www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)
- **Save a Life Summer Event on Saturday, August 27<sup>th</sup> from 12pm-3pm** at Loma Verde Aquatic Center, 1420 Loma Lane, is designed to emphasize safety around water for children and parents. Children will receive free swim lessons, water safety activity books, and learn how to properly use a life jacket. Attendees will also be treated to a barbeque hosted by the Chula Vista Firefighter's Foundation. Beginning on August 8th you can pre-register your children online for the free swim lessons by [CLICKING HERE](#). Classes are scheduled at 12, 12:35, 1:10, 1:45 and 2:20 p.m. Children under the age of four must wear a swim diaper regardless of potty training, and all participants must wear a bathing suit.

## Special Events (continued)

- **FREE Family Movie Nights** – on Sunday, August 28<sup>th</sup> at Monteville Recreation Center. Recreation activities begin at 7pm with the movie beginning at dusk. The featured movie is Max. Don't miss out!

## August Programming

**Aquatics** - Saturday and weekday swim lessons for ages 6 months to Adult, starting as low as \$14 per session. In addition to weekday swim programs, we continue to offer Saturday swim lessons! Next session at Loma Verde Aquatic Center, will be offered Saturday, July 30th through Saturday, August 27th, and at Parkway Aquatic Center, from Saturday, August 6th through Saturday, August 27th. For more information on our aquatic classes please visit [www.chulavistaca.gov/goto/swim](http://www.chulavistaca.gov/goto/swim)

**Therapeutic Recreation Programs (Heritage Park Center 619-421-7032)** for ages 18+ with severe disabilities offered from July – August, 2016 at Heritage Park & Community Center, Norman Park Center, Parkway Pool. Cost: \$27 Resident \$33.00 Non-Resident. Classes offered:

- Pump It Up Fitness – Norman Park Center – Mondays, 3:30-5:00pm,
- Hoop It Up Basketball – Heritage Community Center – Tuesdays, 4:00pm-5:00pm,
- Zumba – Norman Park Center – Wednesdays, 4:00-5:00pm
- Fun & Fit Boot Camp – Heritage Community Center – Thursdays, 4:30-5:30pm,
- Learn To Swim – Parkway Pool – Fridays, 4:30pm-5:15pm
- 4 Quarterly Events – September, November, February, May
- 4 Community Outreaches

## Loma Verde Recreation Center (1420 Loma Lane 619-409-1939)

Don't be shy, drop on by for a class; classes are available as a one time, drop in rate through September 19<sup>th</sup>. For more information go to <https://goo.gl/jJRsa1>

- Urban Line Dancing every Tuesday 5:30-6:30pm for \$4.00 (ages 18+).
- Enjoy a high energy, dancing workout with AM Exercise every Tuesday/Thursdays 9-10am for \$3.00 (ages 16+).
- Start your week out right with Monday Meditation 9-9:45am for \$5.00 (ages 18+).
- Dance the day away with Zumba on Mon/Tue/Wed evenings 6:30-7:30pm for \$5.00 (ages 16+).
- Begin your weekend with some relaxing Yoga Saturdays 8-9am for \$5.00 (ages 16+)

## Norman Park Senior Center (270 F Street 619-409-1930)-

**Energy Solution FREE Presentation** for ages 50+ on August 3 from 9-10am. Learn new ways to reduce your home energy use to be more environmentally friendly and save money on your utility bill. The presentation will be available in both English and Spanish. This event is presented by SDG&E.

**TredWise: Get There Safety** for ages 50+ on August 9, 2016 from 10:30-11:30am and



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the cost is FREE. This free 45 minute class is a presentation by UCSD safety experts and the San Diego Police Department. Participants will learn the risk of being a pedestrian, pedestrian traffic rules, defensive walking strategies, and clothing to increase visibility.

**Luau Luncheon** for ages 50+ on August 17, 2016 from 12-3pm and the cost is \$5 Residents / \$6 Non-Residents. The torches are lit, the theme is set! We're having a Luau you'll never forget. Wear a bright shirt, grass skirt, or lei. We're going to celebrate the Hawaiian way. Join us for games, refreshments, and prizes.

**San Diego Food Bank FREE nutrition education** for those ages 50+ from August 16 – September 20, 2016 from 9:30-10:30am. This course will be in line with the San Diego Food Bank's preventive health initiative designed to decrease nutritional disease, obesity and malnutrition affecting thousands of low-income seniors. Participants will receive nutrition education handouts, recipes that they can utilize at home and a free bag of fresh produce 3 of the 6 classes.

**Movie Monday** for ages 50+ every Monday from 1:00-3:00pm. Every Monday Norman Park Senior Center features FREE exciting movies and movie classic that will entertain you. Free popcorn & punch!

**Tech One-on- One** on Wednesdays from 3-5pm. Cost is \$10 per 30 minutes for Residents/ \$12 per 30 minutes for non-residents. One-on One instruction provided on any phone and/or tablet device. Call front desk to schedule an appointment. Payment is due the day of class. **Must have your own device and know the password.**

**Parkway Community Center (373 Park Way 619-409-1980)**- Are you ready for basketball and volleyball; registration is being accepted for both leagues:

**Fall Basketball League** - Participants ages 6-13 will have the opportunity to play Fall Basketball. The Fall Basketball League is currently taking registration! Registration will close on August 24 or when the league is full. The league is coed and is open to youth of all skill level, begin to advance. The first game is scheduled for September 17; fee is \$95 res/\$119 non res.

**Fall Volleyball League** - Participants in the 5<sup>th</sup> to 8<sup>th</sup> grade will have the opportunity to play Volleyball. The Fall League is currently taking registration! Registration will close on July 28. The league is coed and is open to youth of all skill level, begin to advance. The first game is scheduled for August 13; fee is \$75 res/\$94 non res. Click on <https://goo.gl/utTf2g>

**Kids in the Kitchen** - Your "Jr. Chef" will enjoy the opportunity to chop, measure, mix and stir in this hands on cooking class. Kid friendly, savory and sweet recipes will excite your child and help develop a life-long love of all things culinary. August 26, Friday, 3:30-5:30pm, Parkway Recreation Center, ages 8-13, fee is \$10 / \$13. – Click on <https://goo.gl/4FNCxY>

**Art in the Afternoon** - This is a week-long class where participants will have the opportunity to draw, make and create a different project every day.

Mon-Fri, August 29-Sept 2, 3:45-4:45pm, ages 6-12, fee is \$20 / \$25. Click on <https://goo.gl/lyDPGk>

**Basketball Camp** - Your children are out for Fall Break with nothing to do? Enroll them in this camp where participants will learn and apply skills in dribbling, passing, shooting, offense and defense.

Sept 19-Sept 23, M-F, 8:30am-12pm, ages 5-9; fee is \$45 / \$56 – Click on <https://goo.gl/SZTFFT>

Sept 19-Sept 23, M-F, 12:30-4pm, ages 10-15; fee is \$45 / \$56 – Click on <https://goo.gl/yQxe83>

**Salt Creek Recreation Center (2710 Otay Lakes Rd – 619- 585-5739) -**

**A.S.P.I.R.E. Afterschool Study Session (August)** for ages 6-13 on Thursdays from 3:30-4:45pm, and it's FREE. This time period is set aside for students to complete their daily homework while be assisted by a recreation department staff member. Students should come prepared with assignments. <https://goo.gl/dzKfPD>

**SD Skatelite Skateboarding Class** for ages 5-13 on Fridays from 4:45-5:45pm from August 12 – September 9. Cost is \$70 Resident/\$86 Non-Resident. Participants will learn how to skate in a safe and healthy environment at the Salt Creek Skate Park! Our professional instructors will help beginner students develop the fundamentals of skateboarding through balance and coordination exercises. Class will include skateboarding safety instruction, skate park etiquette, and trick tips. <https://goo.gl/58pW87>

**Private Piano Lessons** for ages 5+ on Mondays from 2p-6p and Wednesdays 2p-5p & are on-going. Cost: starts at \$105/month for residents and \$131/month for nonresidents. Private thirty-minute piano lessons are now being offered at Salt Creek Recreation Center. Now's your chance to come and learn a new instrument! Sessions are held monthly.

Drop-In Fitness Classes for ages 16+. Classes are On-going and costs \$5 per drop-in class. Our drop-in feature is a great opportunity to try a new fitness class. The following classes are on-going and offered throughout the year.

- Get Fit w/ Frances: Tues 6:30p
- Lifting w/ Frances: Sat 8a
- Senior Weight Training w/ Frances: Tues 8a
- Zumba w/ Tristan; Tues 9a, Wed 5:15p, Thurs 9a
- Boot Camp w/ Tristan: Tues 6:30p, Fri 9a
- Butts and Gutts w/ Tristan: Wed 9:15a
- Yoga w/ Yolanda: Mon 6:30p, Wed 6:30p